



# Lowell Senior Center HERITAGE

## SEASON'S GREETINGS

FROM THE LOWELL  
SENIOR CENTER



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FUN...PAGE 4

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**CITY MANAGER**

Tom Golden

**Assistant City Manager**

Shawn Machado

**CITY COUNCIL****Mayor**

Sokhary Chau

**Vice Chair**

Erik Gitschier

\* \* \* \* \*

John Drinkwater

Wayne Jenness

John J. Leahy

Rita M. Mercier

Vesna Nuon

Corey Robinson

Daniel Rourke

Kimberly Scott

Paul Ratha Yem

**LOWELL  
SENIOR CENTER****276 Broadway St  
Lowell, MA 01854  
978-674-4131**

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**Monday–Friday:  
7 am to 3 pm****Saturday–Sunday:  
Open for meals only****Breakfast:  
7 - 8 am  
Dine in or take-out****Daily Lunch:  
11 - 11:30 am  
Dine in or take-out**

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**Receptionist:** Tara Donnelly**Director:** Position is vacant.**Programs:** Aurora Erickson  
aerickson@lowellma.gov

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**Outreach Team  
Tel: 978-674-1166**Seila Chuop (Khmer, Korean)  
Glady Dieppa (Spanish)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Beverly Gonsalves**Judith Huber**John R. Lawlor**Molyka Tieng**Gilda James**Frank Baskin**One Vacancy*

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**Next Meeting  
December 12th****Library Senior Center Branch**Public computers are open  
Wednesdays, 9 am to 12 pm**Lowell Health and Human Services**Lowell Health Department  
978-674-4010

Lisa Golden, Director

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

**Office Hours:  
8:00 A.M. - 4:00 PM.  
Monday - Friday**

Tel: 978-674-4066

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)

Don't just love the Senior Center, "Like" the Senior Center! Find us on Facebook for announcements, events, and photos all through the month. Type in:

**[www.facebook.com/LowellSeniorCenter](https://www.facebook.com/LowellSeniorCenter)****Note:** our official page will have the City Seal and is called "City of Lowell Senior Center".

# Meet the Council on Aging Board

The Council on Aging Board is an official City of Lowell board made up of residents passionate about issues facing the elderly in the Lowell community, and making sure the Senior Center is meeting those needs.

Meet two of the board members!

## Gilda James

### Who is Gilda?

Gilda is a very interesting person! Born in New York City, Gilda met her husband, Chris, while serving in the Navy, at the Subbase New London, Connecticut. Chris served aboard four submarines in the 25 years he served. She and her husband have both worked as union actors! Gilda has been in more than 100 movies, tv shows, and commercials. Recently they both appeared in Confess, Fletch featuring actor Jon Hamm. Gilda is also involved in the leadership of her acting union, SAG-AFTRA, serving on the board there. You may often notice Gilda with her camera, she loves taking pictures at our events.



### Why did Gilda want to be on the COA Board?

Gilda got involved 5 years ago when she began visiting the Senior Center and felt like there weren't enough programs for active Seniors, like herself. She was also interested in making the menu items at the Center more fruit and vegetable centered. She always wants to see us grow.



## Frank Baskin

### Why is Frank on the board?

The subject is both personal and professional for Frank. As a social worker focusing on older adults, and an educator who teaches a class on the psychology of aging, he's very familiar with the issue people face. But these issues are also close to his heart, as his wife dealt with Alzheimer's Disease.

### What's important to Frank about the Senior Center?

Frank says that he believes in the Senior Center's role as a lively community center. Social interaction and avoiding isolation is so important. People who are by themselves too much often see their mental

health get worse, including anxiety and depression. Covid-19 worsened isolation issues for many.

### What would Frank like to see the Senior Center work on?

Frank would like to see us have more activities 7 days a week. He'd also like for us to work on diversity, making sure the Senior Center is welcoming to everyone in the community.



## Winter Fun

# MEMORY CAFÉ

December 1st, 2022 10:30am-11:30am  
& Every 1st Thursday of the month!



**Where? Fallon Health**  
1081 Varnum Ave. Lowell

Join us for Specialty Coffee and  
a Holiday Sing-A-Long!

**What is a Memory Café?**  
A place where people with memory loss and their caregivers can be themselves, share stories and discover helpful hints in a supportive, safe and fun environment.



**Registration is free & easy!**  
Please RSVP to Candace Walker  
by calling 1-978-569-1016 or emailing  
memorycafe@dyouville.org  
Register today to reserve your spot!







## COOKING FOR ONE WITH KATHERINE


WITH FREE SAMPLES!

PRODUCE GENEROUSLY DONATED BY  
HERON POND FARM, NEW HAMPSHIRE

.....

TUESDAY, DECEMBER 13TH  
10:00 AM - 11:00 AM  
GREAT HALL

## Art Classes with Lolita Demers



**November 14th and 21, 2022**  
12-2pm  
Clay Animal Sculptures.  
Sculpt and paint your own clay animal

**December 12th,**  
12- 1:30 pm  
Decorate wine bottles to make stain glass-  
esque decoration. May be holiday themed,  
or choose your own idea.

**December 19th**  
12- 1:30  
Create hand made cards for the holidays or  
other life events.

**Free Classes for 60+!**

**Lowell Senior Center 276 Broadway**  
(978)674-4131 to sign up.



## Food and Health

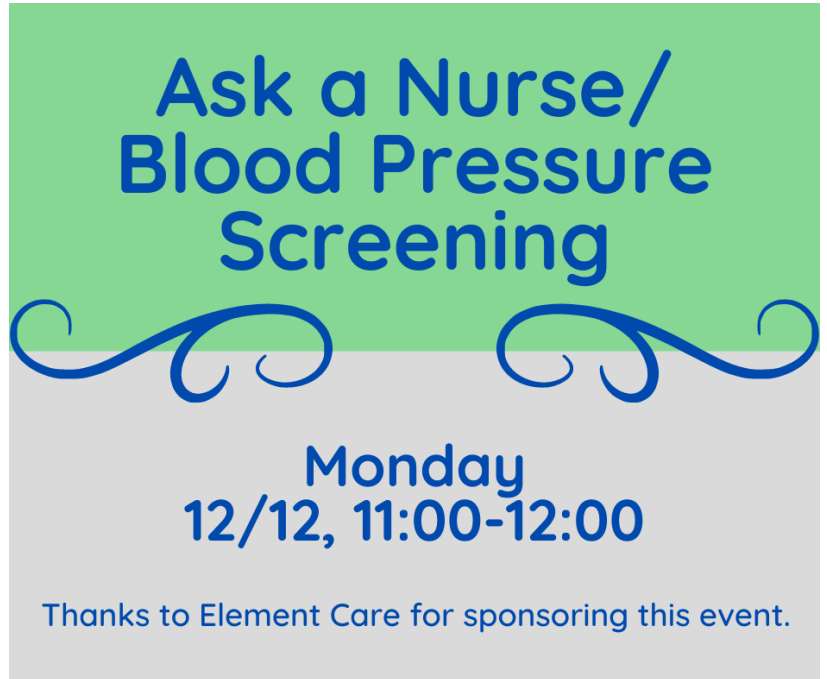
### - Bits and Bites -

A monthly article letting you in on what's going on in nutrition this month

By: Katherine Pittsley, Intern; BS, MPH/  
RDN candidate

December is here, which means the holiday season is in full swing! This has always been my favorite time of the year – a time of celebration, family, gratitude, and delicious food. When I think of this season I think of Christmas, but we can't forget that there are other winter holidays, both religious and cultural. To name just a few, Kwanzaa celebrates unity and cooperation in the Black community, observed from December 26 – January 1 this year. Hanukkah celebrates a re-dedication to the Jewish faith, observed December 18 – December 26 this year. No matter what holiday you are celebrating, this is a time to come together and share a meal with someone you love. Happy Holidays and Happy Eating!


~Katherine



**Ask a Nurse/  
Blood Pressure  
Screening**

**Monday  
12/12, 11:00-12:00**

Thanks to Element Care for sponsoring this event.



**IT'S THAT TIME  
OF YEAR AGAIN**

**PROTECT  
YOURSELF**

**LET'S GET  
VACCINATED**


**We will be having  
another vaccine  
clinic at the center!**

**Covid Boosters**  
**BRING YOUR  
INSURANCE CARD**

Please see Tara to sign  
up

**Date:**  
Thursday, December 8

**Time:**  
9:00 am - 11:00 am


**Brown  
Bag  
Program**

AT LOWELL SENIOR CENTER

Free bag of  
canned goods  
once a month

Open to  
Lowell and  
Dracut  
Residents  
60+

**Sign up at the  
Senior Center  
276 Broadway St**



**Merrimack Valley  
Food Bank, Inc.**

Feeding Families  
Since 1991

## **Friends of Lowell Council on Aging**

Here we are the beginning of the winter season. Meteorologically speaking. Officially not until December 21.

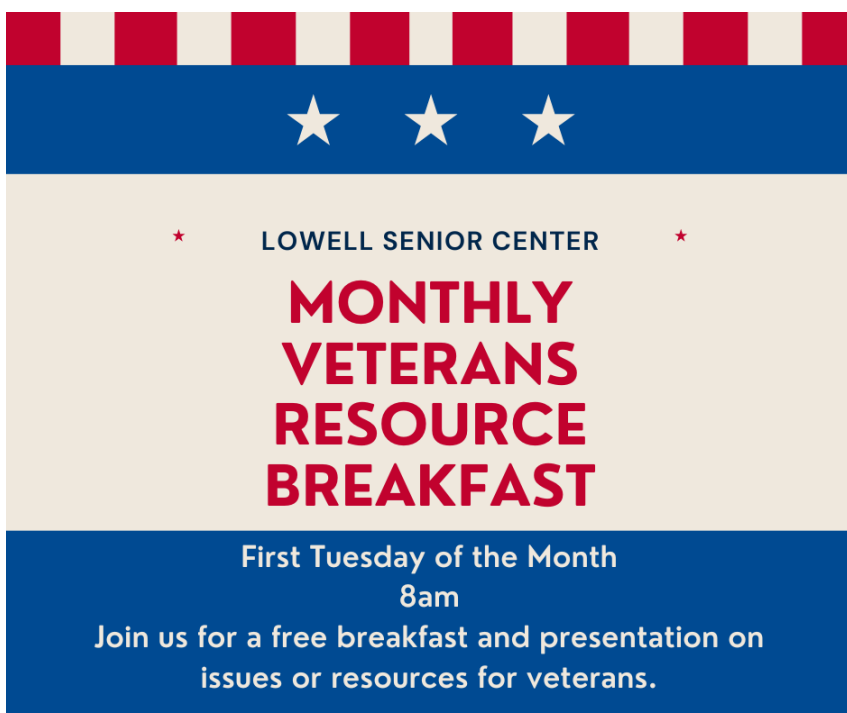
At our October 28, 2022 meeting we approved \$2,655.80 to purchase new floor covering for a proposed staff break room. The room to be converted is currently used only twice a week by the poker playing group. They will now go into the library area outside the board room where the mahjong and other card groups meet different days of the week. It was brought to the board's attention that there is no place in the center for the staff to take a coffee or lunch break. Ray Destrempe, the center's custodian, has generously donated his time and articles needed to complete this project.

For the year 2022 we had 420 members. This generated \$2,100 into the FLCOA treasury. However our annual postage cost is \$2000 so it is definitely necessary to have at least that many members to cover this expense. This month there is an application for new and renewed memberships starting December 1, 2022 for the year 2023. We hope that our current members will renew in the upcoming months along with passing the word to friends and family. This is not a senior organization. Anyone any age can be a Friend of the Council on Aging. We rely on our members to support our raffles and make donations so we can continue to make betterments at the center happen.

Last month Doris Santos resigned after many years of serving as a director. Sylvia Carbonneau will be serving on the board until the next election April 27, 2023. Next month we will publish the nomination form for anyone who wishes to run for office. All it takes is to submit the application before March 24, 2023 as well as being a paid member by that time. These requirements will be repeated in the next newsletters. Any questions can be answered by asking any board member.

Here's wishing you all a Happy Chanukah and Merry Christmas. Don't start celebrating too early and lose the spirt before the actual day.

—Jacqueline Denison, *TREASURER*



# December 6th 8am

This month,  
Senator  
Edward J. Kennedy will  
be joining to distribute  
winter coats to Veterans.

## Friends of the COA Application

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

The friends fee is \$5 per calendar year.

Any additional donations are gratefully accepted.

\_\_\_ I am enclosing an additional donation of \$ \_\_\_\_\_

\_\_\_ I do want my newsletter mailed to me

\_\_\_ I want to pick up my copy of the newsletter to save  
the Friends' funds for senior center needs

### BOARD OF DIRECTORS

#### ***PRESIDENT***

Rita M. Mercier

#### ***VICE PRESIDENT***

Dr. Joseph M. Downes

#### ***SECRETARY***

Beverly Gonsalves

#### ***TREASURER***

Jacqueline Denison

#### ***DIRECTORS***

Ken Ashley  
Richard Demers  
Nancy Judge  
Sylvia Carbonneau  
Arthur Toupin

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**Next Meeting:**  
**December 2nd**



## For Your Health

### **FREE Fitness Room**



Monday to Friday, 7 am to 3 pm

#### **Required:**

- Lowell residents age 60+
- Sneakers
- Annual doctor's release

### **Salsa**

Fridays/viernes,  
10 am - 11:00 am

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia. Las Clases seran en Espanol Y ingles.

### **Bone Builders**

Mondays and Wednesdays,  
8:30 am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



### **Foot Clinic** with Diane Stanley, RN **Sign up in advance required.**

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



### **Tai** **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

### **A Matter of Balance**

Concerned about falls? This 8 week workshop will help you work on balance and flexibility, as well as making your home safer.

Our own Dee Leon will help lead this class in English and Spanish.

Call 978-674-4131 to register!

### **"On the Move"**

Mondays, Wednesdays, and Fridays,  
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



### **Yoga** with Christine Connolly

**Chair Yoga**  
Tuesdays 12 - 1pm  
or  
**Gentle Kripalu Yoga**  
Fridays, 12 - 1 pm



\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.

### **Blood Pressure Clinic**

Monday 12/12

11-Noon

Courtesy of Element Care

## Weekly Activities

### **Mahjong**

Mondays  
12 - 2:45 pm  
Board Room

Returns September 12th!

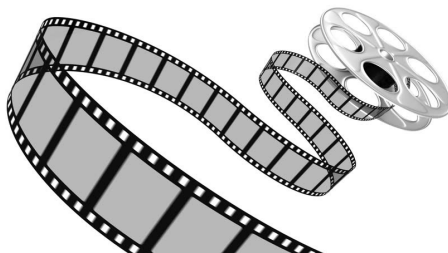


### **Thursday Movies**

Thursdays

12 noon

Great Hall



### **Friday Social**

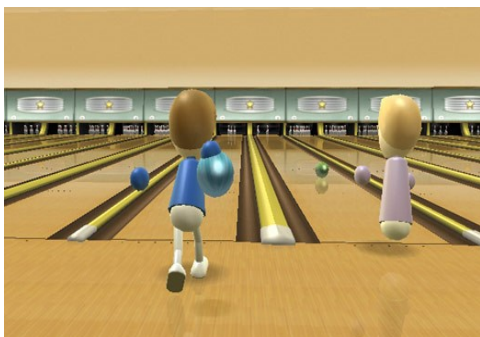
Fridays  
12 - 2:45 pm  
Great Hall

Line dancing, couples dancing, friendly conversation.



### **Wii Bowling**

Tuesdays and Fridays  
10:00 am - 11:30 am  
Board Room



### **Knit & Crochet Group**

Tuesdays 12:00 - 2:45 pm

Classroom



### **Bingo**

Wednesdays, 12 - 3 pm

50 cents per card, sales start at noon  
Prizes vary based on attendance.

\*No Bingo 10/26\*



### **Quilting Group**

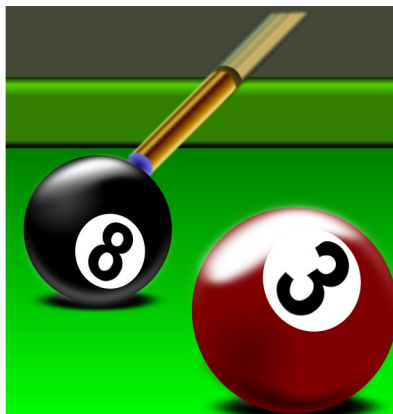
Wednesdays  
12 - 2:45 pm  
2nd Floor Classroom

Newcomers welcome, beginners to advanced!



### **Billiard Room**

Open Monday - Friday  
7 am - 2:45pm



### **Cards**

#### **Poker**

Wednesdays and Fridays  
9:30 am - 2:45 pm

#### **Cribbage**


Tuesdays  
11:30 am - 2:45 pm

#### **45's**

Thursdays  
11:30 am - 2:45 pm



# DECEMBER

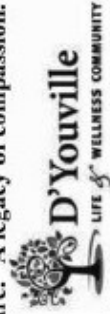
| Sunday                                       | Monday                                                                                                                                                                                              | Tuesday                                                                                                                                                                                        | Wednesday                                                                                                                                |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|                                              |                                                                                                                   |                                                                                                                                                                                                |                                                                                                                                          |
| 4.<br>7-8 am<br>Breakfast<br>11-11:30 Lunch  | 5.<br>8:30 Bone Builders<br>9:00 On the Move<br>9-11 SHINE Counseling<br>11 Tai Chi<br>12 Mahjong                                                                                                   | 6.<br>10:30-11:30 Wii Bowling<br>11:30-2:45 Cribbage<br>12:00-1:00 Chair Yoga<br>12-2:45 Knit & Crochet<br><br><b>8am Veteran's Breakfast</b><br><br><b>Last day to make Medicare changes.</b> | 7.<br>8:30 Bone Builders<br>9:00 On the Move<br>9:30-2:45 Poker<br>12-2:45 Quilting<br>12-3 Bingo<br><br><b>12 Careride info session</b> |
| 11.<br>7-8 am<br>Breakfast<br>11-11:30 Lunch | 12.<br><b>9 COA Board Meeting</b><br>8:30 Bone Builders<br>9:00 On the Move<br>9-11 SHINE Counseling<br>11 Tai Chi<br><b>11 Blood Pressure Clinic</b><br>12 Mahjong<br><b>12 Bottle Craft Class</b> | 13.<br><b>10 Cooking for One Demo</b><br>10:30-11:30 Wii Bowling<br>11:30-2:45 Cribbage<br>12:00-1:00 Chair Yoga<br>12-2:45 Knit & Crochet                                                     | 14.<br>8:30 Bone Builders<br>9:00 On the Move<br>9:30-2:45 Poker<br>12-2:45 Quilting<br>12-3 Bingo                                       |
| 18.<br>7-8 am<br>Breakfast<br>11-11:30 Lunch | 19.<br>8:30 Bone Builders<br>9:00 On the Move<br>9-11 SHINE Counseling<br>11 Tai Chi<br>12 Mahjong<br><b>12 Card Making Class</b>                                                                   | 20.<br>10:30-11:30 Wii Bowling<br>11:30-2:45 Cribbage<br>12:00-1:00 Chair Yoga<br>12-2:45 Knit & Crochet                                                                                       | 21.<br>8:30 Bone Builders<br>9:00 On the Move<br>9:30-2:45 Poker<br>12-2:45 Quilting<br>12-3 Bingo                                       |
| 25.<br><br><b>Senior Center Closed</b>       | 26.<br><br><b>Senior Center Closed</b>                                                                                                                                                              | 27.<br><b>Brown Bag Day</b><br><br>10:30-11:30 Wii Bowling<br>11:30-2:45 Cribbage<br>12:00-1:00 Chair Yoga<br>12-2:45 Knit & Crochet                                                           | 28.<br>8:30 Bone Builders<br>9:00 On the Move<br>9:30-2:45 Poker<br>12-2:45 Quilting<br>12-3 Bingo                                       |



# BER

| Thursday                                                                                                         | Friday                                                                                                                                                         | Saturday                                                           |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| 1. Memory Café—see pg 4<br>11:30-2:45 Cards: 45's<br>12:00 Thursday Movie: Pay it Forward                        | 2.<br>9:00 On the Move<br><b>9:30 Friends Meeting</b><br>10-11 Salsa<br>9:30-2:45 Poker<br>10:30-11:30 Wii Bowling<br>12:00 Gentle Yoga<br>12:00 Senior Social | 3.<br><br>7-8 am Breakfast<br>11-11:30 Lunch                       |
| 8.<br>11:30-2:45 Cards: 45's<br>12:00 Thursday Movie: Elf<br><br><b>Covid Booster Clinic<br/>9am-11am</b>        | 9.<br>9:00 On the Move<br>10-11 Salsa<br>9:30-2:45 Poker<br>10:30-11:30 Wii Bowling<br>12:00 Gentle Yoga<br>12:00 Senior Social                                | 10.<br><br>7-8 am Breakfast<br>11-11:30 Lunch                      |
| 15.<br>11:30-2:45 Cards: 45's<br>12 Diabetes Self Management<br>12:00 Thursday Movie:<br>The Happiest Season     | 16.<br>9:00 On the Move<br>10-11 Salsa<br>9:30-2:45 Poker<br>10:30-11:30 Wii Bowling<br>12:00 Gentle Yoga<br><br><b>Holiday Dinner Dance<br/>11am-2:30</b>     | 17.<br>7-8 am Breakfast<br>11-11:30 Lunch                          |
| 22.<br><br>11:30-2:45 Cards: 45's<br>12 Diabetes Self Management<br>12:00 Thursday Movie:<br>The Preacher's Wife | 23.<br><br>9:00 On the Move<br>10-11 Salsa<br>9:30-2:45 Poker<br>10:30-11:30 Wii Bowling<br>12:00 Gentle Yoga<br><br><b>No Senior Social</b>                   | 24.<br><br><b>Senior Center Closed</b>                             |
| 29.<br>11:30-2:45 Cards: 45's<br>12 Diabetes Self Management<br>12:00 Thursday Movie:<br>When Harry Met Sally    | 30.<br>9:00 On the Move<br>10-11 Salsa<br>9:30-2:45 Poker<br>10:30-11:30 Wii Bowling<br>12:00 Gentle Yoga<br><br><b>No Senior Social</b>                       | 31.<br><br><b>New Years Eve</b><br><br><b>Senior Center Closed</b> |

A commitment to care. A legacy of compassion. This is D'Youville.

























**Short-term Rehabilitation • Long-term Care • Independent Senior Apartments**  
**Adult Day Health • Alzheimer's and Dementia Care • Hospice**  
 Most insurance plans accepted  
 981 Varium Ave. • Lowell, MA  
 (978) 569-1000  
 www.dyouville.org

## First Lowell Rehab Apartments

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



























| Sunday                                                                                                                                      | Monday                                                                                                                                     | Tuesday                                                                                                                                        | Wednesday                                                                                                                                               | Thursday                                                                                                                                  | Friday                                                                                                                                | Saturday                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                             |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                         | 1.Teriyaki<br>Chicken<br>Egg<br>Noodles<br>Broccoli<br> | 2.Baked<br>Pollock<br>Rice<br>Peas<br>             | 3.Spagetti<br>& Meat<br>Balls<br>Greek<br>Salad<br>Garlic<br>Bread<br> |
| 4.Chicken<br>Stew, Rice<br>Mix Veg<br>                     | 5.Beef<br>Chili, Rice<br>Spinach<br>                      | 6.Salibury<br>Steak,<br>Mash<br>Potato,<br>Green<br>Beans<br> | 7.Spanish<br>Chicken,<br>Rice,<br>Vegetables<br>                       | 8.Pot<br>Roast,<br>Mash<br>Green<br>Beans<br>           | 9.<br>Ham,<br>Roasted<br>Potatoes,<br>Carrots<br>  | 10.Shepper<br>ds Pie,<br>Green<br>Salad<br>                            |
| 11.B.B.Q<br>Chicken,<br>Rice,<br>Mix Veg<br>               | 12.Cheese<br>Burger,<br>Tater Tots<br>Potato<br>Salad<br> | 13.Turkey<br>Florentine,<br>Rice<br>Vegetables<br>            | 14.America<br>n Chop<br>Suey,<br>Garlic<br>Bread<br>Mix Veg                                                                                             | 15.Chix<br>Cutlet With<br>Gravy<br>Mash<br>Veg<br>      | DINNER<br>DANCE                                                                                                                       | 17.Hot<br>Dogs<br>Beans<br>Salad                                                                                                                          |
| 18.Lemon<br>Pepper<br>Chicken,<br>Rice<br>Vegetables<br> | 19.Morocca<br>n Chicken<br>Breast,<br>Orzo<br>Salad                                                                                        | 20. Ginger<br>Soy Beef,<br>Rice<br>Broccoli<br>             | 21.Roast<br>Pork Loin,<br>Potatoes<br>Veggies<br>                    | 22.Stuffed<br>Cabbage,<br>Pasta,<br>Fiesta Corn<br>   | 23.<br>VISITING<br>CHEF                                                                                                               | 24.CLOSED                                                                                                                                                 |
| 25.CLOSED                                                                                                                                   | 26.CLOSED                                                                                                                                  | 27.Meat<br>Loaf, Mash<br>Vegetables<br>                     | 28.Chicken<br>Parm,<br>Spagetti<br>Garlic<br>Bread<br>Vegetables<br> | 29.Beef<br>Stew,<br>Rice<br>Peas<br>                  | 30.Baked<br>Cod<br>Potatos<br>Green<br>Beans<br> | 31.<br>CLOSED                                                                                                                                             |

Milk and Bread are served with all lunches.

Vegetarian options available weekdays. Please call one day ahead.

Tuesday December 6th: Veteran's Breakfast at 8am, no regular breakfast

Please note that due to current staff availability, our weekend breakfast is returning to 7am- 8am only, the same as during the rest of the week. Thank you for your understanding.

| Domingo                                                                                                                      | Lunes                                                                                                                                | Martes                                                                                                                                   | Miércoles                                                                                                                                | Jueves                                                                                                                                  | Viernes                                                                                                                | Sábado                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                              |                                                                                                                                      |                                                                                                                                          |                                                                                                                                          | 1.Arroz Chino Egg Noodles, Brocol<br>                 | 2.Pez Asado Arroz Vegetales<br>     | 3.Spaggeti Con Bolas de Carne Pan con Ajo Ensalada<br> |
| 4.Carne de Rez Guisada, Arroz Vegetales<br> | 5.Chili con Carne, Arroz Spinaca<br>                | 6.Bistek con gravy Papas Majadas<br>                    | 7.Pollo Guisado Papas Vegetales<br>                     | 8.Carne Asada Papas Majadas Hab Verdes<br>            | 9.Jamon Papas Azadas Vegetales<br>  | 10.Pie de Carne Ensalada<br>                           |
| 11.Pollo A La B.B.Q Arroz Veg Mixtos<br>    | 12.Hamburguesa Con Queso Papas Fritas Vegetales<br> | 13.Pavo Florado, Arroz Vegetales<br>                    | 14.Arroz Chino Pan con Ajo Vegetales                                                                                                     | 15.Pollo Trozado con Caldo Papa Majada Vegetales<br> | 16.<br>DINNER DANCE                                                                                                    | 17.Salchichas Calientes Habichuelas Ensalada<br>       |
| 18.Pollo con Pimiento y Limon Arroz<br>   | 19.Pechuga de Pollo, Macarones Ensalada verde<br> | 20.Carne de Rez con Jengibre y Soya, Arroz Brocol<br> | 21.Cerdo Azado Papas Vegetales<br>                    | 22.Repollo Relleno Pasta Maiz de Fiesta<br>         | 23.VISITA DE CHEF                                                                                                      | 24.CERRADO                                                                                                                                |
| 25.<br>CERRADO                                                                                                               | 26.<br>CERRADO                                                                                                                       | 27.Carne Molida Papas Majadas Vegetales<br>           | 28.Pollo Parmesano Spageti Pan con Ajo Veg Mixtos<br> | 29.Carne de Rez Guisada Arroz Vegetales<br>         | 30.Pez Azado Papas Hab Verdes<br> | 31.<br>CERRADO                                                                                                                            |

# BREAKFAST

7AM - 8AM

# LUNCH

11AM - 11:30AM

**SUGGESTED  
DONATION:  
\$1 BREAKFAST,  
\$2.50 LUNCH**

For Takeout, add \$1 to suggested donation, thank you! The containers are expensive.



## Services and Support

### Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair  
donations  
needed!*



### The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



### Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or [aluciano@agespan.org](mailto:aluciano@agespan.org)

Bills come to your address monthly, \$4/each way for local trips.

### Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

### LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



#### Senior Abuse Hotline Number

To report suspected elder abuse, call:  
1-800-922-2275

#### AgeSpan (formerly Elder Services)

Meals on Wheels,  
Assistance with Home  
Care, Case Management,  
Support for Seniors and  
Caregivers,  
Prescription Advantage  
1-800-892-0890

Legal Services  
Assistance & Referrals  
1-800-342-5297

#### Fuel Assistance 978-459-6161

#### DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:  
1-833-712-8027

#### MassHealth 1-800-408-1253

#### Social Security Administration 1-800-772-1213

#### Medicare 1-800-633-4227

## Pollard Memorial Library

### Computer Workshops are on hiatus for now.

If you need help, try

- The Library's tech support guide:
- <https://lowelllibrary.org/services/tech-home/>
- Visiting the Library at 401 Merrimack St. They aren't offering workshops, but they can help you troubleshoot and use a computer.

Call the Library at (978) 674-4120 if you'd like more info.



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## ***December Movies***

### **Pay It Forward (2000)**

Thursday, Dec 1, 12 pm (Noon)

Kevin Spacey, Haley Joel Osment and Helen Hunt star in this tearjerker about small acts of kindness.

### **Elf (2003)**

Thursday, Dec 8, 12 pm (Noon)

Will Ferrell stars as an Elf who leaves the North Pole to try life in New York City in this goofy holiday comedy.

### **Happiest Season (2020)**

Thursday, Dec 15, 12 pm (Noon)

A young woman plans to propose to her girlfriend at her family's holiday party in this romantic comedy.

### **The Preacher's Wife (1996)**

Thursday, Dec 22, 12 pm (Noon)

Denzel Washington plays a charming angel who appears to help an over-serious preacher refocus on the importance of his family.

### **When Harry Met Sally (1989)**

Thursday, Dec 29, 12 pm (Noon)

Can men and women be friends? This iconic romantic comedy starring Billy Crystal and Meg Ryan sets out to answer the eternal question.



# FREE TIME ACTIVITIES

## WORD SEARCH



Find the words listed below and circle them.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
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| U | W | H | I | K | I | N | G | D | A | R | C |
| S | I | N | G | I | N | G | Y | A | M | E | L |
| C | M | M | I | S | F | W | O | N | P | A | I |
| A | M | N | G | K | R | I | Q | C | I | D | M |
| F | I | S | H | I | N | G | N | I | N | I | B |
| D | N | P | A | I | N | T | I | N | G | N | I |
| E | G | L | O | N | L | M | O | G | J | G | N |
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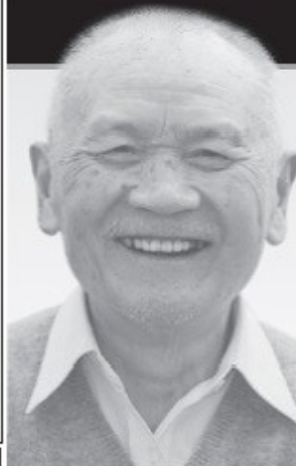
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